

## MOBILE PHONE ADDICTION AMONG HIGHER SECONDARY SCHOOL STUDENTS IN CHENNAI CITY

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### ABSTRACT

*The serious crisis that currently concerns the entire planet extends beyond the daily social, cultural, economic, and other disputes. These were set aside in order to move to a global alert, which refers to the pandemic problem that is affecting every country on the planet. Because confinement compelled individuals all over the world to stay at home, electronic communications became increasingly important. The objective of this study is not to investigate the pandemic epidemic; rather, it is to investigate how students use their cell phones, to see if this has resulted in addiction, and to discover if usage differs between boys and girls. A. Velayudhan and S. Srividya created the Mobile Phone Addiction Scale. The questionnaires used in this study were created in 2012 and revalidated by the investigator in 2021. A total of 75 boys and 75 girls from Chennai's XI standard were included in the study. Three higher secondary schools were chosen using a basic random sampling technique. The data was analysed using descriptive statistics such as mean, standard deviation, and the 't' test. The major findings of the study were i) There is a significant difference in mobile phone addiction between boys and girls in higher secondary school ii) There will be no significant difference in mobile phone addiction between nuclear family and joint family students of higher secondary school.*

**KEYWORDS:** Mobile Phone Addiction, Higher Secondary School Students

### Article History

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### INTRODUCTION

The serious crisis that currently concerns the entire planet extends beyond the daily social, cultural, economic, and other disputes. These were set aside in order to move to a global alert, which refers to the pandemic problem that is affecting every country on the planet. Because confinement compelled individuals all over the world to stay at home, electronic communications became increasingly important. Purchasing a cell phone may appear risk-free up to a point, as we have been convinced that it is a tool that allows an individual to connect with others; nevertheless, how much has this equipment become a necessary need in everyday life? Is it true that frequent use has an impact on behaviour? Is it a gateway drug? As a result, the goal of this research is to see if higher secondary school pupils are addicted to cell phones and if this addiction differs by gender.

### REVIEW OF RELATED LITERATURE

**Malik Mohammad Aslam (2018).** The goal of this study is to look into the gender differences in cell phone addiction among Kashmiri students. Proportionate Stratified Random Sampling was used to choose the study sample (65 males and

65 females) from a degree college in Baramulla (J&K). Dr. S. Velayudhan and Dr. S. Srividya's Mobile Phone Addiction Scale was employed in the study. Mobile phone addiction was found to be high among males and moderate among girls, according to the findings. It was also discovered that there was a substantial difference in mobile phone addiction between male and female Kashmiri students.

**Sharma Shyam Sunder (2018)** conducted a study in Guwahati on the effects of family environment and mobile phone addiction on academic achievement among young adults aged 19 to 25. It found a link between home environment and academic achievement at both the elementary and secondary levels. Academic accomplishment was negatively correlated with the extent of cell phone addiction among the participants at both school levels. On the subthemes of the familial environment scale, there were large significant differences between men and women. Males and females differed in their overall cell phone addiction, but not in the scale's subthemes. Males are more addicted to their phones than females. The subthemes of independence, organisation, and control were found to have a favourable link with academic accomplishment, while the other family environment subthemes were not. The researchers discovered that maladaptive usage and self-expression have a link to academic accomplishment, however the other mobile phone addiction subthemes are not. The study's findings revealed a strong link between family environment and cell phone addiction and academic accomplishment.

## STATEMENT OF THE PROBLEM

Mobile phones have become an indispensable part of our daily lives in recent years. Mobile phones' extensive and high broadcasting nature, particularly among students in higher secondary schools, makes them highly prone to becoming addicted to this technological equipment. Mobile phone addiction has risen alarmingly, particularly among pupils in higher secondary schools. The investigator conducted a study on mobile phone addiction among higher secondary school students in Chennai.

## NEED OF THE STUDY

Over the last decade, higher secondary school pupils' mobile phone addiction has developed at an exponential rate. The cell phone, as an information and communication system, provides a practical dilemma that requires individuals, particularly students and families, to think critically and reflectively. The cell phone has consequences for students' physical, cognitive, social, and behavioural development. As a result, it is critical to determine the impact of mobile addiction on school children so that the study's findings may be used to develop curriculum. The study of school students' perceptions of mobile addiction is still in its early stages, particularly in India, and it has to be enhanced qualitatively and quantitatively. The current research is a step in that direction. The current investigation is an attempt to close a gap in the research. As a result, the theme has been chosen.

## OPERATIONAL DEFINITION

### Mobile Phone Addiction

Mobile phone addiction is a type of severe reliance on one's cell phone that involves being disconnected from reality, compensating, and constantly participating in activities such as SMS, chatting, gaming, and so on.

### Higher Secondary School Students

Students are one demographic that is particularly vulnerable to cell phone addiction. The majority of Chennai City higher secondary school pupils, like students around the world, have a mobile phone and use the internet. However, research on cell phone addiction is scarce in our country's capital, Chennai. As a result, the purpose of this study was to determine the prevalence of mobile phone addiction among Chennai City students.

## OBJECTIVES

- To find out and compare the occurrence of mobile phone addiction among boys and girls in higher secondary school.
- To find out and compare the mobile phone addiction of students in higher secondary school from nuclear and joint families.

## HYPOTHESES

- In terms of mobile phone addiction, there will be no significant difference between boys and girls in higher secondary school.
- In terms of mobile phone addiction, there will be no significant difference between nuclear family and joint family students in higher secondary school.

## DELIMITATIONS

The Present study being investigative in nature has following delimitations:

- The study was delimited to XI standard of higher secondary school students in Chennai City in Tamil Nadu.
- Higher secondary school students have been selected on simple random sampling technique.
- The present study is delimited to one dependent variable and two background variables only.

## METHOD

The Normative Survey method was adopted for conducting this study. The sample consisted of 75 boys and 75 girls students of XI standard in Chennai city using simple random sampling technique which included three higher secondary schools. Participation in the study was entirely voluntary and full privacy of the responses was reassured after clear explanation of the objectives of the study. Informed consent was taken from all the participants. We also obtained written permission from the institute authorities before interacting with the higher secondary school students.

## TOOLS FOR THE STUDY

### Tools Used To Be

Mobile Phone Addiction Scale developed by A. Velayudhan and S. Srividya. (2012) and revalidated by the investigator in (2021) were the tools used by investigator.

The Mobile Phone Addiction Scale which was employed in the present study was developed by A. Velayudhan and S. Srividya of the Department of Psychology of Bharathiar University in Coimbatore and published by the Prasad Psycho Corporation, 10 A, Veer Savarkar Block, Shakarpur, New Delhi- 110092 in 2012. The main purpose of the scale was to bring and check out the level of mobile phone dependence or addiction behaviour among the emerging adults. The theoretical framework of the scale was based on the different areas or dimensions of addiction given on Diagnostic and Statistical Manual IV (DSM IV – TR). In this MPAS scale, there were total 37 items and against each item there are five options to which the participants had to respond. These items were of two types, either, positive and negative. The following are the six different dimensions of the scale.

- Maladaptive Usage
- Self-expression
- Peer Relationship
- Interpersonal relations
- Impulsivity 6. Usage time.

## RELIABILITY

In order to assess the reliability of the scale, a re-test of the questionnaire was done on the same subjects after two weeks of the first survey and the results were analysed to find the Cronbach's Alpha Coefficient. The alpha reliability of the scale was found to be 0.74 and it is quite satisfactory. The split half reliability key was also found which is statistically significant at 0.71.

## INTERNAL CONSISTENCY

Internal consistence is commonly measured as Cronbach's Alpha (based on interterm correlations). The Cronbach's Alpha coefficient was found to be 0.84 which is quite satisfactory.

## STATISTICAL ANALYSIS

Analysis was performed using Statistical Package for Social Sciences (SPSS) 20 version. The collected data were tabulated and analysed using descriptive statistics, namely mean, standard deviation, 't' test to get results.

## ANALYSIS AND INTERPRETATION OF DATA

The important step in the process of study after the collection of data was the organization, analysis and interpretation of the data and formulation thus collected. The collection of data needed to be systemized and organized, i.e., edited classified and tabulated before it could serve the purpose. Data were meaningless heaps of material without analysis and interpretation. The purpose of the analysis was to find out the relationship between the variables, which lead to the verification of hypothesis. This was achieved with the logical organization of data use of relevant statistical techniques. After analysis, interpretation had done carefully, logically and critically by examining the results obtained, keeping in view limitation of the sample chosen, tools selected and used in the study.

## TESTING HYPOTHESES

**Hypothesis 1:** There will be no significant difference with respect to mobile phone addiction of boys and girls students of higher secondary school.

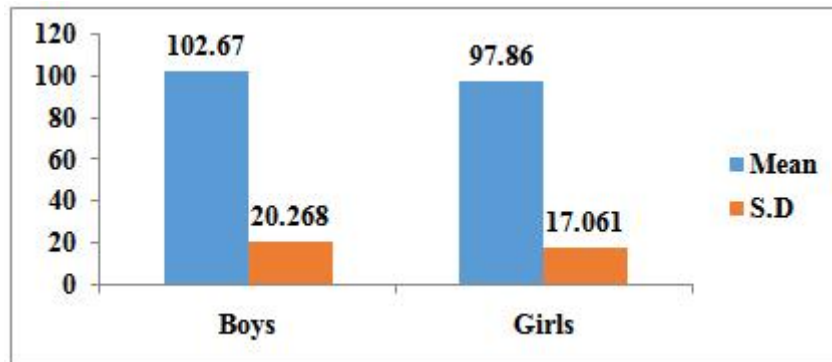
It is inferred from the above table that there is a significant difference with respect to mobile phone addiction of boys and girls students of higher secondary school.

While comparing the mean scores of boys (Mean=102.67) and girls (Mean=97.86) it is inferred that the boys students are better in the mobile phone addiction than the girls students of higher secondary school.

**Table 1: Mean, SD, t-Value and Level of Significant of Mobile Phone Addiction of Boys and Girls Students of Higher Secondary School**

Variable	Gender	N	Mean	S.D	Calculated 't' Value	Remarks at 5 % Level
Mobile Phone Addiction	Boys	75	102.67	20.268	2.611	S
	Girls	75	97.86	17.061		

(The table value of 't' is 1.96, S - Significant)

**Figure 1: Comparative Bar Diagram Shows The Mean Score of Mobile Phone Addiction of Boys and Girls Students of Higher Secondary School.**

**Hypothesis 2:** There will be no significant difference with respect to mobile phone addiction of nuclear family and joint family students of higher secondary school.

It is inferred from the above table that there will be no significant difference with respect to mobile phone addiction of nuclear family and joint family students of higher secondary school.

While comparing the mean scores of nuclear family students (Mean=14.15) and joint family students (Mean=14.08) it is inferred that the nuclear family students are better in the mobile phone addiction than the joint family students of higher secondary school.

**Table 2: Mean, SD, t-Value and Level of Significant of Mobile Phone Addiction of Nuclear Family and Joint Family Students of Higher Secondary School**

Variable	Family Type	N	Mean	S.D	Calculated 't' Value	Remarks at 5 % Level
Mobile Phone Addiction	Nuclear Family	75	14.15	3.432	0.181	NS
	Joint Family	75	14.08	3.101		

(The table value of 't' is 1.96, NS - Not Significant)

## CONCLUSIONS

There has been an increase in the use of mobile phones by higher secondary school students, particularly in developing nations, which may lead to an increase in mobile phone addiction. According to their findings, the rate of mobile phone addiction among Chennai city's higher secondary school students is high. These issues should be given more attention by society's health-care authorities. It is suggested that more research be done in this area. Also suggested was an interventional study to look at the effects of various interventional methods for the prevention and treatment of mobile phone addiction in higher secondary school students.

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